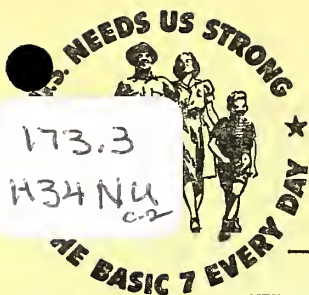


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# NUTRITION

U. S. DEPARTMENT OF AGRICULTURE

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## News Letter

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### NONFAT DRY MILK USED IN BIRMINGHAM, ALA.

When nonfat dry milk is available on the market it is purchased and used. This is shown by the Food Consumption Survey made in 1948 by the Bureau of Human Nutrition and Home Economics and reported in "Dairy Products in City Diets" (listed under New Materials).

The survey revealed that in Birmingham, Ala., nonfat dry milk represented 6 percent of all the milk purchased—fluid and its equivalent in dry or evaporated milk, cheese, and ice cream. For the 16 percent of the households reporting use of nonfat dry milk, consumption averaged about a pound a week (equal to over 4 quarts of fluid milk), a significant contribution to diets low in calcium.

Dry skim milk was introduced into the Birmingham market in the early 1930's and advertised as an economical means of obtaining cultured buttermilk. During and since the war this item has been even more extensively promoted in the South. Purchase of nonfat dry milk, however, decreased as incomes rose, whereas fluid whole milk consumption increased with income.

To encourage the use of nonfat dry milk, BHNHE has recently developed a number of recipes which it published in "How to Use Whole and Nonfat Dry Milk" (December NNL) and "Yeast and Quick Bread Recipes for the School Lunch" (January NNL). The latter includes recipes for breads containing up to 10 percent nonfat dry milk, contributing to the protein, calcium, riboflavin, thiamine, and other diet essentials.

### ENRICHMENT OF FLOUR AND BREAD STILL AN IMPORTANT ISSUE IN SEVERAL STATES

At present enrichment of bread and flour is required by law in 26 States—Alabama, Arkansas, Colorado, Georgia, Indiana, Kansas, Kentucky, Louisiana, Maine, Massachusetts, Mississippi, Nebraska, New Hampshire, New Jersey, New

York, North Carolina, North Dakota, Oklahoma, Ohio, Rhode Island, South Carolina, South Dakota, Texas, Washington, West Virginia, and Wyoming—as well as in Hawaii and Puerto Rico. However, a large share of the bread and flour sold at retail in other States is enriched because practically all millers and bakers enrich products that move in interstate commerce.

The reasons for enriching bread and flour, as summed up in "Outlook for Bread and Flour Enrichment, Review of Events During 1947-48," are still valid. If you don't already have a copy of this publication prepared by the Food and Nutrition Board of the National Research Council you can secure one without cost from the Board, 2100 Constitution Ave. NW., Washington 25, D. C.

Support of legislation requiring enrichment continues by the Council of State Governments, the American Public Health Association, the American Medical Association, the Association of State and Territorial Health Officers, and the United States Public Health Service. The Millers National Federation and the American Bakers Association likewise continue support of the legislative program.

Nutrition committees in several States that do not require enrichment are carrying on educational work to show the importance of enrichment.

The Minnesota Nutrition Council held a workshop on food fortification and flour enrichment, inviting to it a large number of people in addition to its own membership. The program covered a talk on the history of food fortification and a discussion of the standards and limitations on fortification set up under the Federal Food, Drug, and Cosmetic Act.

A question and answer session with a panel of chemists, professors, nutritionists, and physicians proved informational and challenging, Chairman Clara M. Oberg writes. The session ended with a talk on

the Newfoundland Project by Dr. Russell M. Wilder of the Mayo Foundation.

A Plan of Action in support of enrichment legislation adopted by the Council recommends that—

..Whole-wheat bread not be pitted against enriched bread.

..Cooperation of dairy, milling, and baking industries be secured to inform all their members.

..Committees of the Council be assigned specific duties in connection with enrichment program: (1) Executive Committee—planning general policy and programs and coordinating all committee work, as well as carrying out recommended actions voted upon by the Council; (2) Information Committee—preparing materials, pamphlets, radio scripts, and articles for newspapers, magazines, and other publications; (3) Public Relations Committee—arranging for publicity and speakers and preparing exhibits; (4) Contact Committee—establishing liaison with all State-wide organizations whose cooperation is desired.

..A County Organization Committee be responsible for stimulating and helping county and area nutrition committees as a part of the Council's State-wide membership.

..The Legislative Committee study the entire legislative program, review bills, find sponsors, and contact legislators, officials, and interested groups.

In Connecticut the Nutrition Council is working on a program of voluntary enrichment of bread and flour. A statement entitled "Enrichment is Important" prepared by Chairman Martha Smith Fry, suggesting how home economics teachers can help in consumer education, was sent home economics teachers by the State Department of Education.

A meeting to recruit volunteer speakers featured talks on history of enrichment, nutritional importance of enrichment, and a suggested outline on enrichment. Out of the 45 nutritionists, home demonstration agents, 4-H club leaders, dietitians, and other professional people attending, 24 volunteered as speakers. Each was given a kit of materials and a speaker's outline to use in explaining enrichment. Talks have already been given before several groups, including dental hygienists, and school lunch workers.

The Connecticut Bakers Association is cooperating in this educational program. Its bulletin recently pointed out that it's good business for bakers to enrich their bread and to stress its nutritional value. The association is planning group meetings of bakers in different sections of the State with speakers furnished by the Council.

The Virginia Nutrition Council also prepared a mimeographed statement explaining why bread and flour enrichment is important, which was distributed throughout the State. In a talk at the Nutrition Institute in November, Chairman Janet Cameron said: "Our committee has been very active in promoting a program of flour and bread enrichment for Virginia...Our plan now is to continue our educational program for the need and desirability of flour and bread enrichment, and to encourage everyone in the State to use only enriched or whole grain products."

#### FRIENDS COMMITTEES STUDY WORLD AGRICULTURAL PROBLEMS

A Brief Analysis of Food and Nutrition Needs of the World—the Importance of a Balanced Diet for Health and of Planning Agricultural Production with the Goal of Adequate Nutrition—was included as part of a seminar on "What could and should American Agriculture do for a hungry world" sponsored by the Friends Committee on National Legislation and the American Friends Service Committee.

Over 50 farmers and others interested in farm problems from 18 States attended the seminar in Washington, D. C., at their own expense from January 31 to February 10. The group worked with the Food and Agriculture Organization of the United Nations, members of the U. S. Department of Agriculture, the State Department, Congress, and officials of national farm organizations.

#### REFRESHER CONFERENCE FOR EXTENSION NUTRITIONISTS IN SOUTHERN STATES

The Extension Nutrition Conference in February at Edgewater Park, Miss.—the first of four such regional conferences—was planned around requests of the Southern States specialists and enabled them to (1) learn new facts on food and nutrition applicable to extension teach-

ing; (2) exchange ideas and suggestions on how to interest people in better nutrition; and (3) review the progress and future of the cereal-enrichment program and its significance for Southern diets.

Outstanding specialists who brought the group up to date on research findings included Dr. E. Niede Todhunter, University of Alabama; Dr. Esther F. Phipard, USDA Bureau of Human Nutrition and Home Economics; Dr. Dorothy Dickins, Mississippi Experiment Station; Dr. J. G. Woodruff of Georgia; Miss Ada Moser, South Carolina; Mrs. Dorothy Moschette, Louisiana; and Dr. Grace Goldsmith, Tulane University.

An excellent exhibit of teaching helps was made up of materials brought by the specialists from each State. Ranging from blocks, trains, and flannelgraphs to movies, slides, and bulletins, these materials are used to present the story of nutrition to groups of adults and 4-H groups.

The specialists and State leaders all had an opportunity to participate in panels on teaching methods and techniques.

All agreed that simpler methods of informing the public are needed, and that more visual aids and more pictorial, colorful leaflets and bulletins would pay off in changing food practices.

Since economic conditions are a great cause of malnutrition, enrichment programs were seen as one big step in improving Southern diets, according to Janet Cameron, Chairman of the Virginia Nutrition Council.

#### WORKSHOPS TO BE HELD THIS SUMMER

To help those planning to take summer training the General Mills Workshop Directory will be issued again this spring. We will announce it in these columns as soon as it is available.

Notices of two workshops and an institute have come to us—

..At Purdue University the school lunch credit course running from June 14 to 24 is limited to home economics students, graduate or undergraduate, or other persons meeting the requirements. The noncredit work conference follows from June 26 to July 1 and is limited to 100

persons connected with the school lunch program. For both workshops the registration fee is \$10. Board and room at the Girls' Residence Hall, Purdue University, is \$25 for each week.

..Syracuse University and the New York State Department of Health will direct jointly the Fourth Community Nutrition Institute from June 10 to July 1. It is an in-service program in public health nutrition planned for physicians, community nutritionists, clinical dietitians, public health nurses, nutrition instructors, health educators, and other interested personnel. Two hours credit toward an advanced degree is available to qualified students. Inquiries should be directed to Dr. Anne Bourquin, College of Home Economics, Syracuse University, Syracuse 10, N. Y. The approximate cost of \$100 for the 2-week institute includes board, room, and all fees, except a \$5 matriculation fee for those desiring graduate credit.

#### CITY NUTRITION COMMITTEES STUDY THE NEEDS OF THEIR COMMUNITIES

City groups, working directly with local people, develop programs to meet needs existing in their areas. The March 1948 NNL described several such programs—Hartford, Conn.; Cedar Rapids, Iowa; and Belmont, Mass.

Another active city group is the Nutrition Section of the Knoxville, Tenn., Council of Community Agencies, formerly the Knoxville Nutrition Committee. Chairman Ruth Brennan writes that the Section is gathering information on the iodine deficiency in its area and, if found advisable, will work toward its correction. The Section meets and works with other agencies, such as the Tennessee Dietetic Association, local Heart Association, and adult education program in home economics.

Using the theme, "Beating the Food Dollar," the Section last year encouraged home gardens as a way of obtaining a better food supply at lower cost. With money furnished by the Knoxville Council of Garden Clubs seeds were purchased in quantity lots, packaged, and distributed to children for home use.

A Better Breakfast Program received enthusiastic response from schools and civic groups. Through the Section's

efforts the film "The School That Learned to Eat" was purchased and is available to any community group in the area. The Section was largely responsible for creating the position of city nutrition consultant for Knoxville in 1947. The position is supported jointly by the Knoxville Bureau of Health and the University of Tennessee.

In New York City local communities in boroughs and districts have many of the same problems that small cities have. To consider these problems an Institute on Community Objectives in Nutrition was held last November.

The speakers—a health officer and representatives of teaching, social work, and public health nursing fields, and of lay groups—felt that workers should carry nutrition information to groups rather than wait for groups to come to them. They pointed out that while it is important to consider the health of the entire population, certain groups, such as mothers, need special help. In communities with a foreign population, some of the nutrition education should be in a language they understand.

There is need for more speakers on nutrition, more exhibits, and cooking classes and demonstrations of food preparation. It was pointed out that visiting nurses and social workers, with help from nutritionists, can teach and advise families on nutrition problems.

The need for home follow-up of nutrition teaching in school was emphasized. The nutritionist should be in touch with parent groups and talk to parents at least once a term. Nutrition weeks, visual aids and posters, and home surveys of food habits were suggested as ways of strengthening nutrition teaching in schools. Nutrition should be integrated with other subjects, such as art, English, mathematics, and home economics. School lunch should be played up and made more attractive.

All borough and neighborhood committees in New York City are working on plans for Nutrition Month in May.

#### FREE FOODS FOR WELFARE ORGANIZATIONS

Surplus stocks of nonfat dry milk, dried eggs, and potatoes, acquired by the Commodity Credit Corporation under price-support programs, may be secured by private as well as public welfare organizations for needy persons in this country and by private welfare organizations for needy persons abroad, at no cost except for handling, repackaging, and transportation charges.

Full information and details for handling may be obtained from the Area Offices of the Food Distribution Programs Branch of PMA located at—

641 Washington St., New York 14, N. Y.  
623 South Wabash Ave., Chicago 5, Ill.  
30 Van Ness Ave., San Francisco 2, Calif.

101 Norman Bldg., Dallas 2, Tex.

449 W. Peachtree St. NE., Atlanta 3, Ga.

#### NEW MATERIALS

Available from the Bureau of Human Nutrition and Home Economics, USDA  
Washington 25, D. C.

"Dairy Products in City Diets," 1948. (Commodity Summary No. 6, 17 pp., 1950, Processed.)

"Potatoes and Sweetpotatoes Consumed by City Families," 1948. (Commodity Summary No. 7, 13 pp., 1950, Processed.)

"Nutritive Value of Family Diets—Four Cities, Winter 1948. II. Distribution of Families Classified by Nutritive Content of Diet." (Preliminary Report No. 13, 16 pp., 1950, Processed.)

Available from Food and Nutrition Board, National Research Council, 2100 Constitution Ave. NW., Washington 25, D. C.

"Control and Eradication of Brucellosis in Animals. Report No. 1 of the National Research Council, Committee on Public Health Aspects of Brucellosis." (Reprint from Jour. Amer. Med. Assoc., Vol. 141, pp. 326-329, October 1, 1949. Single copies will be sent upon request. Large quantities can be obtained for \$6 per 100.)